



# NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER



## ~ FROM THE DESK OF THE COORDINATOR ~

Hello Friends!

It is hard to believe but winter is finally upon us! We will miss all of our Snow Birds, safe travels to you all! But don't worry, for our Winter Warriors we have so many different activities and fun things to do to keep you busy during the days of these long winter months. Do check out our inclement weather notice on page 7.

Pickleball is back inside, playing on Tuesday and Thursday. You must register before picking up a paddle so stop by to see me at the Center. It is \$10 to register and a \$1 a day to play.

We have a lot of closed dates due to the Holidays coming up, so please enjoy your family time and stay safe while we are apart.

We have some new groups getting together to play games in the afternoon this winter....Rummikub and 45's. Please be sure to come on over and learn how to play!

Thank you all for being a part of the Hudson Senior Center, and as always if you have any questions or comments please call or email me at: 578-3929 or [lbowen@hudsonnh.gov](mailto:lbowen@hudsonnh.gov). See you soon!

I wish you all a wonderful Holiday Season and a Happy New Year! Thank you for making 2019 fantastic and here's wishing you all an amazing 2020!

*Lori A. Bowen*

Lori A. Bowen  
Town of Hudson - Senior Services Coordinator

## CLOSED DATES FOR THE WINTER

*Thank you for your service and our  
freedom to all our  
Veterans & their families.*

December 11, 2019 – Christmas Party  
December 24-26, 2019 - Christmas Holiday  
December 31, 2019-Happy New Year!  
January 1, 2020 – Happy New Year!  
January 20, 2020 – Martin Luther King Day  
February 17, 2020 – President's Day

*Please also see our  
Inclement Weather Notification*

## From the Desk of the Hudson Recreation Director

Hello!

There are a bunch of new activities being offered at the Center this winter. Be sure to monitor the weather for inclement weather closings.

If you have any questions you can see Lori in the office or give me a call at 880-1600.

Happy Holidays!

*Dave Yates*

Dave Yates  
Hudson Recreation Director





# OUR WEEKLY SCHEDULE

## MONDAY

8:45am	Center Opens
9:00am	Chair Yoga \$5
9:15am	Mexican Train Dominoes
10:00am	Book Club (1 <sup>st</sup> Monday)
10:30am	Mat Yoga \$5
11:30am	Lunch
12:00pm	Ping Pong
12:00pm	45's
12:00pm	Poker
12:00pm	66
12:00pm	Mah Jongg
3:00pm	Center Closes

## WEDNESDAY

8:45pm	Center Opens
9:00am	Aerobics \$3
9:00am	Trip Office Open (to 11)
9:15am	Bridge
10:30am	Line Dancing \$3
11:30am	Lunch
11:45am	Beginners Line Dancing \$3
12:00pm	Scrabble
12:00pm	Canasta
12:00pm	Cribbage
3:00pm	Center Closes

## TUESDAY

8:45am	Center Opens
8:50am	Technology Classes
9:00am	Coffee Club
9:00am	Bone Builders \$1
9:00am	Mah Jongg
9:00am	Whist
10:00am	Free Hearing Screenings (1 <sup>st</sup> Tues)
10:30am	North Barn Presents (see page 6 / 7)
11:30am	Lunch
12:00pm	Rummikub
12:00pm	Movie Afternoon (see list on page 5)
12:00pm	Hand in Foot
1:00pm	Chess
3:00pm	Center Closes

## THURSDAY

8:45am	Center Opens
9:00am	Trip Office Open (till 11)
9:00am	Silver Knitters
11:00am	Senior Meeting (2 <sup>nd</sup> Thursday)
11:00am	Walking Group
11:30am	Lunch
12:00pm	Bingo
12:00pm	Pinochle
3:00pm	Center Closes

## FRIDAY

8:45am	Center Opens
9:00am	Chair Yoga \$5
10:30am	Bone Builders \$1
11:45am	Aerobics \$3
1:00pm	Center Closes

*The Billiard Table, Community Puzzle, Playing Cards and the Coffee Bar are available every day*



# SENIOR CENTER ACTIVITIES

## **Technology Classes!**

Are you having trouble with your technology? Or maybe aren't sure of how to turn on your new phone? Do you want to get some games on your tablet? Then we have the class for you! Bring in your technological devices, and all the accessories and John will teach you how to use them! John is here every week to help make you a master of your technology! Due to high demand please sign up for an appointment for one half hour only per week, days vary. Please sign up at the Center outside the office or call 578-3929 to make an appointment.

## **COMMUNITY PUZZLE**

Stop by the puzzle table and put a piece in to the community puzzle! It's located in the lounge.

## **AFFORDABLE HEARING LLC.**

*Free Hearing Evaluation.*

*Lowest Hearing Aid Prices.*

Chris Streeter is here the first Tuesday of each month from  
10:00am-12:00pm.

You can find him in the Library, or sign up at the office for a guaranteed appointment time.

You can also call Lori at 578-3929 to set up an appointment time.

## **LUNCHEON GROUP**

Join us for lunch at a different restaurant the 3<sup>rd</sup> Monday of the month. Posters on locations are hanging at the Senior Center. RSVP by calling 578-3929 or stop by!

## **DAILY LUNCH**

Lunch is served Monday - Thursday at 11:30am. To RSVP please call the Hudson Senior Center at 578-3929 or stop by and sign up. Menus are available ahead of time and we ask that you sign up 2 weeks ahead to be guaranteed a meal.

Lunch is \$2 per plate.

## **HOME, HEALTH & HOSPICE FOOT CLINIC**

The Foot Clinic is being held at the Barn on the 4<sup>th</sup> Wednesday every month. (December date is 12/17)

Please contact Home Health and Hospice at 882-2941 to set up your appointment time for the Winter. Please be aware if the Center is closed due to weather, there is no clinic offered.

## **BILLIARD TABLE**

We have a beautiful 9 foot Mahogany billiard table at the Senior Center. It is available for play all day, and there is competition on Tuesday mornings.

Stop by and practice or play with a group!

## **COFFEE & TEA BAR**

Coffee and tea are available daily from 9:15am-2:00pm (Fridays until 12:30pm) Cups are 25 cents a fill up. You will find the pots and cups in the Dining Room.

## **LENDING LIBRARIES**

Our Senior Center has two amazing libraries, one is the puzzle closet where you can borrow puzzles, and the other is our reading library where we have an amazing amount of books to borrow!



# MONDAY 8:45am – 3:00pm

## YOGA

Chair and Mat Yoga are offered at the Hudson Senior Center!

\$5 each class

Chair – Mondays at 9am

Mat – Mondays at 10:30am

## 66

Come learn the card game 66! Monday afternoons in the Dining Room starting at 12:00!



## MAH JONGG

Every Monday Afternoon starting at 12pm come play American Mah Jongg in the Lounge! All abilities welcome!

## MEXICAN TRAIN DOMINOES

Join us for Mexican Train Dominoes!

Monday mornings in the lounge starting at 9:15am. All aboard!

## POKER!

Starting at 12 noon on Mondays

In the Dining Room....come play poker with us!



## PING PONG

We play Ping Pong on Monday afternoons from 12:00-3pm. Bring your paddle or borrow one from the Center...just come and play in the Function Room!

## 45's

Calling all 45's players!! We are starting up this fun game again! Join us to learn and play the card game 45's! Monday afternoons at 1:00pm in the lounge.

## North Barn Book Club

**What can be new about a book club you ask?**

Well, lots of things...for example, everyone will not be reading the same book. Every month we will choose a subject and you will choose your own book to read. The next month you will give a brief summary of your book and give it a thumbs up or thumbs down. Meetings will be held at the North Barn on the first Monday of every Month at 10:00am  
December 2, January 6,  
February 3, March 2  
Monthly theme posted at the Center





# TUESDAY 8:45am – 3:00pm



## **MOVIE AFTERNOON!**

Tuesday at 12pm in the Function Room  
*Free Popcorn and water if available!*

December 3 – Noel

December 10 – King of Thieves

December 17 – The Polar Express  
\*Hot Cocoa will be served

January 7 – Mary Magdalene

January 14 – Ophelia

January 21 – The Lion King

January 21 – Armstrong

January 28 – Rocketman

February 4 – The Sun is Also a Star

February 11 – Angel has Fallen

February 18 – The Goldfinch

February 25 – Aladdin \*see the office &  
RSVP for February Vacation Movie

March 3 – Hustlers

March 10 – Judy

*Movies are subject to change based on availability. Please check the Movie Bulletin Board at the Center or online for movie posters. More movies coming in the Spring, pick up your newsletter for more information in March!  
No RSVP needed.*

## **Coffee Club**

Grab a cup of coffee and join us to talk politics, religion, world affairs, community issues and everything else! The Coffee Club is open to all, even if you don't drink coffee! Coffee is ready any time after 9:15am.

## **BONE BUILDERS!**

Bone Builders is offered at the Hudson Senior Center! Classes are held Tuesday at 9am. Stop by the Barn for doctor forms. \$1 donation per class. This total body work out is good for your muscles and brain! You need a doctor's note to participate so stop by and get the forms!

## **Hand in Foot**

Join us to play Hand in Foot in the Lounge on Tuesday afternoons at 12:15pm.

## **WHIST**

Come learn and play the card game Whist! Tuesday mornings in the Lounge at 9:15am

## **RUMMIKUB**

**\*NEW GROUP!\*** Come play the fun game of Rummikub! Tuesday at 12pm in the Dining Room.

## **MAH JONGG**

Every Tuesday Morning starting at 9:15am come play American Mah Jongg in the Dining Room!  
(Intermediate level of play group.)

## **Free Mah Jongg Lessons!**

We now offer free Mah Jongg lessons the first Tuesday of each month at 12pm in the Dining Room. Please RSVP on the clip board by the office today, or call 578-3929!



# The North Barn Presents

## Tuesdays at 10:30am in the Function Room

### **Hudson Community**

### **Vision Plan**

January 14, 2020

The Hudson Planning Board will be here to discuss the Community Vision for the Master Plan for 2020. Please come and learn about the Plan and get your questions answered!

10:30am in the Function Room

### **HUDSON MEMORIAL SCHOOL**

### **MUSIC PROGRAM**

DECEMBER 17, 2020 (TENTATIVE DATE)

*MUSIC OF THE SEASON*

Please join us at 10:30am in the Function Room. Please see Lori at the Center for more details.

### ***TOWN OF HUDSON NH***

### **VOTER INFORMATION SESSION**

FEBRUARY 11, 2020

This is our annual presentation of all the items on the Ballots for March 2020. Please join us at 10:30am

*Musical Performance by:*  
**Benese!**

**March 10, 2020**

Come hear local great Benese perform at 10:30am in the Function Room.

### **Amedisys**

Amedisys, Inc. is a leading provider of home health, hospice and personal care. We assist those who need help recovering from illness or injury, emotional and physical support and daily assistance in the comfort of your own home. Please join us for this informative presentation at 10:30am in the Function Room.

**December 10, 2019**

### **Healthy Habits for**

### **Adults Nutrition**

January 21, 2020

This is a new monthly conversation presented by the Volunteers at RSVP.

Titled "Healthy Habits for Adults: Nutrition" this will be a hands on presentation. Please join us at 10:30am in the Function Room.

**Januarys Topic: Salt**



# The North Barn Presents

## Tuesdays at 10:30am in the Function Room

### Coffee with the Cops

Join the Hudson Police Department for coffee and conversation. They will be here to answer questions and keep you informed on scams and community issues

1/28 2/25 3/31 4/28

### Hudson Fire Department Safety Seminars

The Hudson Fire Department will be hosting informal safety discussions on the first Tuesday of every month.

10:30am in the Function Room

12/2 1/7 2/4 3/3

### MUSIC BY BOB ALMEIDA

**February 12, 2018**

10:30am in the Function Room. Bob Almeida is bringing his Country Western Music back to the Senior Center!

### Healthy Habits for Adults Nutrition

**April 21, 2020**

This is a new monthly conversation presented by the Volunteers at RSVP. Titled "Healthy Habits for Adults: Nutrition" this will be a hands on presentation. Please join us for

**April's Topic: Protein (no March Presentation)**

### Healthy Habits for Adults Nutrition

February 18, 2020

This is a new monthly conversation presented by the Volunteers at RSVP.

Titled "Healthy Habits for Adults: Nutrition" this will be a hands on presentation. Please join us at 10:30am in the Function Room

**February's Topic: Protein**



## INCLEMENT WEATHER NOTICE

The Hudson Senior Center will be closed if there is no school OR a delayed opening for the Hudson School district during inclement winter weather. In the event of weather cancellations or emergencies, cancellations will be registered with WMUR channel 9 on television. The Senior Center comes up on the business listings scroll. Any inclement weather cancellations will also include cancellation of Community Dining Meals and all activities. You will also be able to find this information on the Town of Hudson Website at [www.hudsonnh.gov](http://www.hudsonnh.gov), and channel 22 on HCTV through Comcast.



Even though the Center is open please use discretion if traveling with the weather. Your safety is imperative to us and we want everyone to stay safe!



# WEDNESDAY 8:45am – 3:00pm

## AEROBICS WITH SYLVIE

Aerobics with Sylvie meets on Wednesday mornings at 9am. Please bring your hand weights and smile, as you do low impact aerobics and balance exercises. Then finish class with chair and hand weight exercises.

This is an all abilities class and all are welcome! Please see the office at the Barn with any questions. Cost is \$3 each per class.

## LINE DANCING WITH GAIL

Gail teaches new dances each week and really gets you moving! This intermediate to advanced class is held

Wednesdays at 10:30am.

Cost is \$3 per person, per class



## BRIDGE

Come play Bridge with us on Wednesday mornings at 9:15am in the Dining Room.

## SCRABBLE

Join us for everyone's favorite word game! Wednesday Afternoons at 12pm in the Dining Room.

## CRIBBAGE

Join us on Wednesday at 12:00pm in the lounge.

## CANASTA

Join us for the card game Canasta! Starting at 12:00pm on Wednesday afternoons in the lounge.

## Beginners Line Dancing!

Calling all beginners! Class starts at 11:45, and will cost you \$3 per week.

We are always looking for new dancers, join us this Wednesday!



## CALLING ALL QUILTERS!

You are all invited to join our quilting group! No experience necessary! We need help ironing, cutting, piecing, sorting and sewing! We make items to give to the community, and are always looking for help!

Join us on Wednesday mornings from 9am until 12pm.



# THURSDAY 8:45am – 3:00pm

You are invited!

## Monthly Senior Meeting

The second Thursday of every month  
At 11am in the Dining Room

12/12

## PINOCHLE

Come play the card game Pinochle!  
Thursday afternoon in the lounge  
starting at 12:00 pm.

## SNOW SHOEING CLUB

Our Snow Shoeing Club is going to happen again  
this year. Please add your name and phone  
number to the list so we can get this group off  
and “running” again!

## SILVER KNITTERS

Grab your crafting supplies and come down on  
Thursday morning from 9am-12pm. If you are  
looking to learn we also have people that will  
teach you to knit or crochet! Meet us in the  
lounge and pull up a chair!

## BINGO!

We play Bingo every Thursday  
afternoon at the Hudson Senior  
Center! We sell cards for \$1.25 each  
and we play 12 games, plus an extra  
.25 cent shotgun cover all! We start  
selling cards at 12:00pm, games start  
at 12:30. Please see our registration  
information as you must be registered  
prior to playing Bingo!

**SPECIAL EVENT**  
**OCTOBER 31, 2019**  
**Halloween Costume Contest!**



# FRIDAY 8:45am – 1:00pm

## YOGA

Chair Yoga is offered on  
Friday mornings at  
9:00am. Class is \$5 per  
person. If you take class  
on Monday and Friday  
then Friday is only \$3  
per person. See the  
Hudson Senior Center  
office for more details.

## BONE BUILDERS!

Bone Builders is offered at the Hudson  
Senior Center! Classes are held Friday  
at 10:30am. Stop by the Barn for  
doctor forms. \$1 donation per class.  
This total body work out is good for  
your muscles and brain! You need a  
doctor's note to participate so stop by  
and get the forms!

## AEROBICS WITH SYLVIE

We are offering a  
second day of  
Aerobics! Starting  
September 13, 2019  
Class starts at  
11:45am \$3



# TAKE A TRIP WITH US!

## **VISIT THE TRIP OFFICE WED & THURS 9 AM - 11AM**

Lucille Boucher is the trip coordinator for the Hudson Senior Center. You can leave her a message through the Senior Center phone lines at 578-3929. You may also leave a check and slip with the trip information at the main office in the Barn. **PLEASE SEE NOTICE ON PAGE 10 ABOUT PAYMENTS**

You can access all the information forms for the trips on the website: [www.hudsonnh.gov](http://www.hudsonnh.gov).

All Forms and more information can also be found on the Trip Bulletin Board at the Barn.

Lucille can also be reached at 889-1803, outside of the Trip Office Hours (W & TH 9-11am)

**\*\*Please Note\*\*** If all seats are not reserved, a trip may need to be cancelled. Deposits are due at time of reservation and final payment is due 32 business days prior to trip leaving.

Prices are per person and checks can be made out to Town of Hudson or cash is accepted for payments. Sorry but no credit cards are accepted at this time for payments.

## **TRIPS PAYMENT NOTICE**

All trips must be paid for in full 32 business days before the date of the trip. All final invoices are paid 30 days prior to the trip so it is imperative that we receive your balance 32 business days prior. All checks can be made out to the Town of Hudson. If you need to know your balance please speak to Lucille in the Trip Office.

**PLEASE BE SURE TO CHECK FOR ALL BELONGINGS WHEN LEAVING THE BUS. HUDSON SENIOR CENTER, THE TRIP COMPANY OR THE BUS COMPANY IS NOT RESPONSIBLE FOR ANY LEFT OR LOST ITEMS ON OUR TRIPS.**

## **BUS INFORMATION**

All buses depart from designated areas, please see trip flyers for more details. If a time is not given one will be announced prior to departure date. It will be posted at the Senior Center on the **TRIPS** bulletin board.





# TAKE A TRIP WITH US!

## TRIPS FOR 2020

We will begin taking reservations for 2020 trips on January 15.

### **MARCH**

Foxwoods Resort & Casino  
Irish Party w/ Murphy Brothers

### **APRIL**

Loretta Lorocho Show  
Mutts Gone Nuts Show

### **MAY**

Boston Area Day Trip  
Carole King Tribute

### **JUNE**

Foxwoods Resort & Casino  
Cruisin' With the King (Boat Ride)  
Booth Bay Harbor (3 Days Overnight)

### **JULY**

Jimmy Buffet Tribute  
Christmas in July at Fosters

## **MORE TRIPS TO BE ANNOUNCED SOON**

In MAY we will begin taking reservations for  
August-December 2020 Trips

*All Trips are subject to cancellation. Please stop by the Center for more details.*

## **All Trip Prices will be on flyers available at the Center.**

A \$20 deposit is due at time of reservation for each seat, balance is due 32 business days before the trip date. If not paid then you may forfeit your seat with no refund. Checks can be made out to the Town of Hudson. Lucille is in the "trip office" on Wednesday and Thursday mornings from 9-11am. Please stop by the Senior Center to see and take all of the flyers with the information on them. They are also available on the website under trips.

<https://www.hudsonnh.gov/seniorcenter>



*All trips subject to change: cancellation, availability or have date changes. \$20 deposit per seat is due at sign up.*

*Please reference all of our trip information, including our cancellation policy in the trip manual available at the Senior Center. All flyers are available at the Senior Center and have the information on them about each trip. They are also available on the website under the SENIOR TRIPS tab.*



# ABOUT THE SENIOR CENTER

## *The 5 W's & 1 H about the*

### **Hudson Senior Center**

**What:** The Hudson Senior Center is an active adult recreation center that focuses on improving the daily activities of the local population of residents age 55 or older.

**Who:** Anyone over the age of 55, or their spouse if younger

**Where:** 19 Kimball Hill Road,  
Hudson NH (603) 578-3929

**When:** Monday – Thursday  
8:45am-3pm  
Friday 8:45am-1pm

**Why:** To be more active, make new friends, have a good lunch, get in shape, stay healthy and more!

**How:** Register any day at the office! \$10 registration fee per fiscal year; per person. You can also download the forms off the website at:

<https://www.hudsonnh.gov/seniorcenter>

## **REGISTRATION FOR 2020**

If you would like to continue being a part of the Hudson Senior Center and coming to activities you need to register for the 2019 - 2020 year. We began registration for the year on July 1, 2019. You can drop by the Senior Center any time we are open to re-register, or register for the first time! It is \$10 a year (we run a fiscal year at the Senior Center) to belong and we accept cash or checks made out to the Town of Hudson.

Be sure to get the new sticker on your badge if you are re-registering! If you are registering for the first time please leave enough time to fill out paperwork and sit for your photo ID!

Forms are also available on the website

Be sure to stop by the Center to check out what we are up to! There is always a group's donation box in our lobby, signs on the bulletin board for upcoming community events and information about our local government. We collect: glasses, plastic bags, box tops for education coupons, grocery and product coupons, new crossword puzzle books and we have a donation bin in the hall for your convenience.

HUDSON SENIOR CENTER  
LOCATED IN THE NORTH BARN AT BENSON PARK  
19 KIMBALL HILL ROAD, HUDSON, NH 03051  
603-578-3929  
[WWW.HUDSONNH.GOV](http://WWW.HUDSONNH.GOV)  
lbowen@hudsonnh.gov



### **HOURS OF OPERATION**

Monday: 8:45am – 3pm  
Tuesday: 8:45am – 3pm  
Wednesday: 8:45am – 3pm  
Thursday: 8:45am – 3pm  
Friday: 8:45am – 1pm

We are not open Saturday or Sunday.

